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| **GRADES 1 to 12** **DAILY LESSON LOG** | **School** | PANABO CITY NHS | **Grade Level** | 9 |
| **Teacher** | MARK DAVE J. PONTILAR | **Learning Area** | Physical Education |
| **Teaching**  **Date & Time** |  | **Quarter** | 3 |
| ***I. OBJECTIVES*** |  | | | |
| **A. Content Standards** | The learner demonstrates understanding of lifestyle and weight management to promote community fitness. | | | |
| **B. Performance Standards** | The learner maintains an active lifestyle to influence the physical activity participation of the community, practices healthy eating habits that support an active lifestyle. | | | |
| **C. Learning Competencies** | **Executes the skills involved in the dance. (PE9RDIIIb-h-4)**  (Assesses physical activities, exercises, and eating habits.  PE10PFIIIa-h-39) | | | |
| ***II. CONTENT*** | FESTIVAL DANCES | | | |
| ***III. LEARNING***  ***RESOURCES*** |  | | | |
| **A. References** |  | | | |
| 1. Teacher’s Guide pages | MAPEH TEACHER’S GUIDE PAGE 100-110 | | | |
| 2. Learner’s Materials pages | MAPEH LEARNER’S MATERIAL PAGE 100-110 | | | |
| 3. Textbook pages | MAPEH Book, Physical Education and Health Pg. 118-130 | | | |
| 4. Additional  Learning Materials from  LR Portal | <https://www.youtube.com/watch?v=Xg-1CawCTDA> | | | |
| **B. Other Learning Resources** | Laptop, power point presentation, speaker | | | |
| **IV. PROCEDURES** |  | | | |
| A. Reviewing previous lesson or presenting the lesson | * The teacher will ask the students to accomplish the following before proceeding to the activity proper. * Warm-up: Dynamic Stretching * HR Log: Activity Notebook | | | |

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| B. Establishing a purpose for the lesson | * The teacher will show the learning objectives using power point presentation. * The teacher will let the learners read the learning objectives. * The teacher will set the learners and ensure that they are all ready. |
| C. Presenting examples/instances of the new lesson | * The teacher will divide the class into five groups. The teacher will assign one student to each group who is inclined/best in dancing to lead. * The teacher will ask each group to come up with a routine composed of five figures with 16 counts each figure. * The teacher will give the students 5 minutes to create and 3 minutes to perform.   The teacher will ask the students to dance with the music prepared by the teacher.  The teacher will ask the students the following questions:   1. How does it feel coming up with your own festival routine? 2. Was it hard or easy? Why? 3. What should one know and do to come up with an easier festival dance routine? |
| D. Discussing new concept and practicing new skills #1 | * The teacher will show a presentation on the Locomotor and Non-Locomotor movements for students to know and be able to do on movement improvisation.   **WATCH ME!**  Link: <https://www.youtube.com/watch?v=Xg-1CawCTDA>   * The teacher will demonstrate the locomotor and non-locomotor movements. * The teacher will ask the students to follow the demonstration * The teacher will ask the students the following questions.  1. How often do you encounter locomotor and non-locomotor movements? 2. How does locomotor and non-locomotor movements affect our daily lives? |

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| E. Discussing new concept and practicing new skills #2 | * The teacher will demonstrate a 2 4 Time Basic Folk Dance steps. * The teacher will ask the students to follow the demonstration. * The teacher will ask the students to go to their groups and practice the basic dance steps. * The teacher will ask the students to perform the basic dance steps by group. * The teacher will ask the students the following questions?  1. Where do you usually see people dancing folk/festival dances? 2. How do you feel when seeing people dance folk/festival dances? |
| F. Developing  Mastery (Leads to  Formative Assessment) | * The teacher will show the students a chart with the step patterns of the basic folk dance steps. * The teacher will ask the students to identify the dance step based on the step pattern written on the chart. * The teacher will ask the students to write their answers on a clean sheet of paper. |

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| G. Finding practical applications of concept and skills in daily living | * The teacher will play random videos of people doing their everyday jobs/routine. * The teacher will call learners randomly and learners will answer the question orally. * The teacher will ask the students to identify whether the person or people on the video is doing a locomotor or a non-locomotor movement. |
| H. Making generalization and abstraction about the lesson | * The teacher will ask randomly an open-ended question to the learners. * The learners will answer orally.  1. What are Locomotor movements? 2. What are Non-locomotor movements? 3. Can you give at least 3 examples of locomotor movements? 4. Can you give at least 3 examples of non-locomotor movements? |
| I. Evaluating learning | * The teacher will evaluate the learners through group performance. * The teacher will ask the students to go to their groups. * The teacher will instruct the students to agree on a celebration to be their theme and guide in creating the movements. * The teacher will ask the students to come up with a routine composed of 5 figures with 16 counts each figure. (Note: Avoid using lewd/exaggeratedly sexy movements to avoid violation of cultural and religious differences.) * (Note: this activity is also applicable for f2f classes.) * The teacher will assess the studnets performance using the following criteria: * Concept/Theme - 25% * Variety of movements - 25% * Creativity - 25% * Cooperation - 25%   **For the learners with disability/gifted/talented:**   * The teachers will present the activity by presenting procedures through power point presentation. * The teacher will instruct the learners to follow health safety protocols always. |

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| J. Additional activities for application or remediation | * The teacher will ask the students to answer the following questions.  1. What went well? 2. What went wrong? 3. Was the activity rewarding? Why? Why not? |
| **V. REMARKS** |  |
| **VI. REFLECTION** | Learners have successfully learned the locomotor and non-locomotor movements. Learners were also able to create their own festival dance routine. |

Prepared by:

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